## Center for Families Parenting Education Workshops

## **Baby Massage and Infant Development Series**

(parents with infants 11 weeks - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage helps with digestion, sleep, and baby's health. Topics of discussions: infant sleep, infant motor and social development, and childproofing your home. This is a fun and relaxed group setting.

Wednesday series: 10/23, 10/30, 11/6, 11/13, 11/20 12:30-1:45pm, Center for Families, 70 Rindge Ave, behind Peabody School, door 10

Thursday series: 9/12, 9/19, 9/26, 10/3, 10/17 12:30-1:45pm, Margaret Fuller Neighborhood House, 71 Cherry Street

To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

## Cooking Healthy Food for Parents and Children (3-8 years old)

Saturday October 26, 10:00 to 11:30 am

Peabody School, 70 Rindge Ave., Afterschool room

Come to a fun, interactive, multisensory nutrition education program where food-related stories and songs will be shared and yummy nutritious delights will be cooked and tasted together.

Presenter: Jackie Newman, Dietitian-Nutritionist.

## Zumba! Free for Families Who are Registered with the Center for Families

We will be offering free Zumba classes on *Tuesdays & Thursdays 6:30-7:30 pm starting in September*. Join us and dance your way to a healthy and toned body with this fusion of Latin music and dance themes! Meet other Cambridge parents, too! You must register for this class. For more information, call 617-349-6385.